

FITNESS

ABC's of Kickboxing

Kickboxing and other martial arts sports have been adapted into a variety of fitness activities for the general public. As a sport, kickboxing and other martial arts are based on the development of skills over time. In this way, the muscles are gradually trained to adapt to the requirements of the activity. These adaptations include increases in strength, speed, coordination, agility, flexibility and balance.

How to begin any exercise program?

- Obtain medical clearance
- Know the effects of your medication(s)
- Dress in workout wear and drink throughout the workout
- Choose the right class level and gradually progress through the program
- Insist on a certified instructor
- Alert your instructor of any physical challenge(s) or medical condition(s) which can limit your ability to perform

The Dos of Kickboxing

- Perform a sport-specific warm-up that mimics movements used in the workout
- Take an introductory class to learn proper technique
- Train progressively to improve skills, form and fitness level
- Generate movement from your torso and hips
- Keep your balance by maintaining a stable base of support and center of gravity
- Control speed and range of motion

The Don'ts of Kickboxing

- Repeat high intensity moves for an extended period of time using the same muscle group
- Perform forceful/ballistic movements that lock out the joints
- Overextend range of motion

STATE HEALTH PLAN PREVENTION PARTNERS
South Carolina State Budget and Control Board
Office of Insurance Services-Insurance Benefits Management
July 2000

